

# Iowa Vets in Action

## Recreation Therapy and Music Therapy Activities for Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
<b>1<sup>st</sup> and 3<sup>rd</sup> Tues of the month June-August</b>	6:30pm	Bldg 12/CLC 3 <sup>rd</sup> floor dining room	Fly Tying and Fishing Contact Joni about learning how to create flies. Some of the Tues night we will actually use them while fishing	Any veteran	Joni Osmundson 515-699-5999 X4980
<b>1<sup>st</sup> and 3<sup>rd</sup> Thurs of the month</b>	1:30-2:30pm	Bldg. 12/CLC Dining room of CLC 3	Women Veterans Yoga Beginning Level; Can use mats or adapt it to a chair. No need to sign up-just show up!	Any female veteran	Suzanne Anderson 515-699-5999 X4949
<b>2<sup>nd</sup> and 4<sup>th</sup> Thurs of the month</b>	1:30-2:30pm	Bldg. 12/CLC Dining room of CLC 3	Veterans Yoga beginning level; from chair level. No need to sign up!	Any male Veteran	Kayla Nelson 515-699-5999 X4331
<b>Every Tuesday in July (no practice on July 21<sup>st</sup>)</b>	6:00-8:00pm	Valley Community Center 4444 Fuller Road, WDM 50265	Power Soccer Practice and Scrimmage Soccer for people who use power wheelchairs, foot guards will be provided during game for your wheelchair.	Any veteran who uses and can independently control a power wheelchair	Joyce Ellens 515-699-5999 X4939
<b>Every Thursday in July (no practice on July 23<sup>rd</sup>)</b>	7:00-9:00pm	First Family Church 317 SE Magazine Rd. Ankeny 50021	Wheelchair Basketball Practice and Scrimmage Basketball for people in manual wheelchairs. Some sport wheelchairs available to try.	Any veteran who uses a manual wheelchair independently	Joyce Ellens 515-699-5999 X4939
<b>Saturdays: July 18, 25, Aug 1, 8, 15</b>	9:00am-11:00am	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers.	Any veteran, open to 15 veterans	Joyce Ellens 515-699-5999 X4939
<b>Wed. July 8<sup>th</sup></b>	9:00am-12:00pm	High Trestle Trail/Madrid Trailhead Meet at the gravel parking lot across from the "Flat Tire Lounge"	"Veterans Riding to Live" A group of cyclists who love to ride! Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 7-6-15*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.

<b>Thurs. July 9th</b>	7am-8pm	Meet at Bldg. 12/CLC for a ride	Women Veterans-day trip to Omaha; need to sign up by June 19; we will see the SAC Museum and the Wildlife Safari Park; admissions are paid for but food/snacks will be on your own	Any female veteran	Joni Osmundson 515-699-5999 x4980
<b>Fri. July 24th</b>	1-3pm	Bldg. 12/CLC; room B109 by pop machine	Women Veterans-come make some fleece blankets to be given to other hospitalized women veterans; no experience needed; might bring good scissors if you have them but we will have extras too; no need to sign up	Any female veteran	Suzanne Anderson 515-699-5999 X4949
<b>Fri. July 24th</b>	12:30-2:30pm	ChildServe Therapy Pool- Sign up for Transportation from VA main lobby	Veteran's MOVE! Group- heads to the pool for a work out, low intensity and accessible for all!	MOVE! Participants	Kayla Nelson 515-699-5999 x4331
<b>Wed. July 29th<sup>th</sup></b>	9:00am-12:00pm	Chichaqua Trail- Take highway 65 northeast to NE 88 <sup>th</sup> Street. Meet at the Bondurant trailhead of the Chichaqua Valley Trail	"Veterans Riding to Live" A group of cyclists who love to ride! Intermediate ride-11 mile trail is fairly flat. Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 7-27-15*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687  *Go to Facebook page "Veterans Riding to Live" for updates.
<b>Thurs. Aug 20</b>	11am-2pm	Place TBD	Women Veterans-cookout Save the date; no place or details known yet but will post when available	Any female veteran	Suzanne Anderson 515-699-5999 X4949
<b>Fri. Aug 28</b>	11am-2pm	Meet at Bldg. 12/CLC for transportation	Women Veterans-trip to Des Moines Sculpture Garden, Meredith Gardens tour, and lunch on the VA; contact us for more info and to sign up	Any female veteran	Suzanne Anderson 515-699-5999 X4949
<b>Sept 2-3</b>		Camp Wesley Woods in Indianola	Women Veterans-overnight retreat for female veterans; call for details or to sign up; Save the date-not all details known yet	Any female veteran	Suzanne Anderson 515-699-5999 X4949